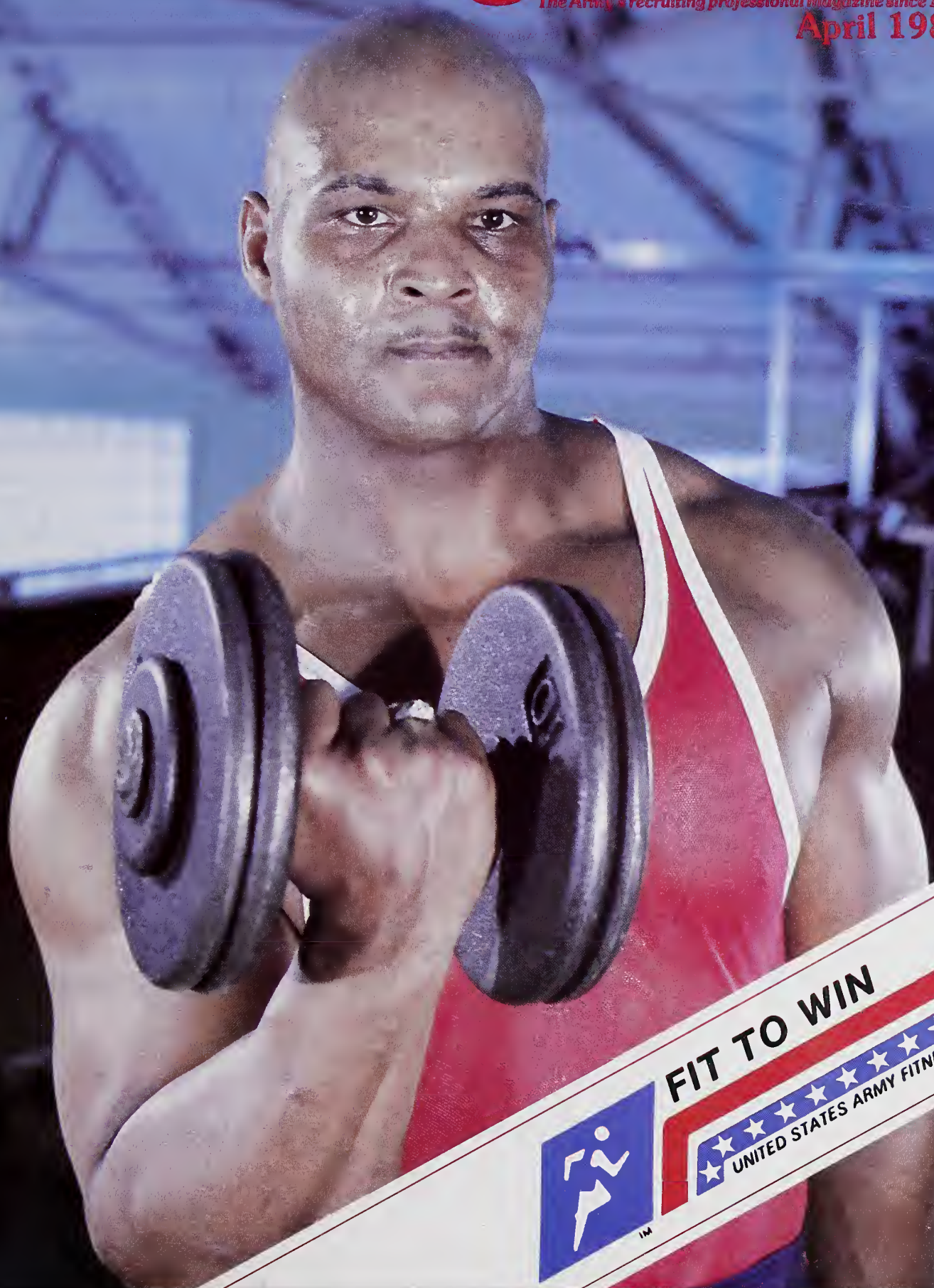


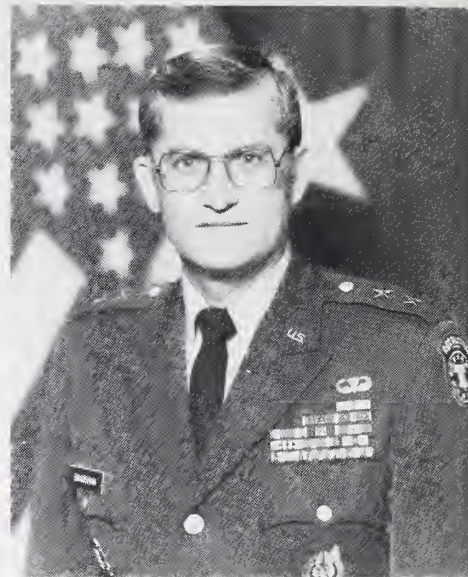
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recruiter
JOURNAL
The Army's recruiting professional magazine since 1919
April 1984



 **FIT TO WIN**
 **UNITED STATES ARMY FITNESS PROGRAM**

Commander's Notes



This issue of the Recruiting Command's magazine heralds the end of an era. Secretary of Defense Caspar Weinberger has stated that the experiment of providing an "all volunteer force" has been successfully completed. Men and women in uniform are the Armed Forces. Therefore, the phrase "all volunteer force" is no longer appropriate.

The new title of our magazine, *recruiter JOURNAL*, reflects both the end of the all volunteer concept, and the continuing purpose of this magazine as well. It is for recruiters, about recruiters, and by recruiters. This is your magazine; its purpose is to aid you in all aspects of your profession so that you can Provide The Strength to the Nation's Army.

The April issue of the *JOURNAL* features articles that will help you and your families maintain fitness, physical and mental, in the unique and often stressful environment of recruiting.

Physical fitness has long been an area of emphasis in the Army. To assist soldiers and their families in this aspect of total wellness, the Soldier Physical Fitness School was established in 1982

at the Soldier Support Center, Fort Benjamin Harrison. The feature article of this issue reviews the activities of the school, emphasizing its commitment to a healthier lifestyle for soldiers and their families.

This commitment is evident in the wide variety of activities at the school, each of which integrates physical conditioning and testing, education, research and development, nutrition and diet, and weight control. Included in future projects of the school are a Family Fitness Center and outdoor recreational areas for families. Of interest to recruiters is the Schools' publication DA Pamphlet 350-18, "The Individual's Handbook on Physical Fitness." This publication includes sections on designing one's own exercise program, diet and nutrition, weight control, and stress.

Mental and emotional fitness is no less important than physical fitness if we are to remain "fit to win." The interrelationship of a healthy mind and a healthy body for total fitness is discussed in separate articles on stress and anger. These articles will

help you identify and deal with stress and anger.

Specific methods to achieve fitness are outlined in articles explaining facts and fallacies about vitamins, the importance of nutrition to fitness, how to select the proper running shoe, and how to control weight. There are also hints from recruiters about successful approaches to fitness, and there is a testimonial about the risks involved when good fitness habits are ignored.

When Secretary of the Army, John O. Marsh, Jr. said, "individuals who take care of themselves and exercise regularly are able to function more effectively, both mentally and physically," he reaffirmed the Army's long-standing emphasis on total fitness. We at USAREC support that emphasis wholeheartedly.

A handwritten signature in red ink, reading "J. O. Bradshaw".

J. O. BRADSHAW
Major General, USA
Commanding

'1984 — the Army Family'



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ABOUT THE COVER:

The subject of this month's cover is Master Sgt. Johnny R. Thomas, Retention NCO for 4th Recruiting Brigade (Midwest). Thomas, 1983's Career Counselor of the Year and an avid body builder, has made fitness a way of life. The cover was photographed by Pfc. Ed Cyphers of the Fort Sheridan Public Affairs Office. Our back cover, photographed by Sgt. 1st Class Robert W. Griffin, Fort Knox, Ky., Public Affairs Office, depicts armor crewmen, MOS 19A, during live fire and driver training.





Income tax assistance

FORT SHERIDAN, ILL. — "The field recruiter may incur substantial job-related expenses during the course of the year which are not reimbursed by the government," stated Capt. Douglas O. Smith, USAREC Office of Command Legal Counsel. "By filing Form 1040 and Form 2106, Employee Business Expenses, the recruiter can reduce his taxable income. Since employee business expenses are adjustments to income, rather than deductions from income, the recruiter need not itemize in order to claim these expenses," he added.

"While receipts are required only for expenses over \$25, every recruiter should keep a tax diary and record each expense as it is incurred," Smith said. "Only actual, and not estimated, costs may be included in Form 2106. You must also list reimbursed as well as unreimbursed expenses, and the total amount which you were reimbursed, and keep track of business mileage on your POV or the actual auto expenses you incurred."

Unreimbursed TDY expenses are listed on Form 2106. They must be incurred away from home, on an overnight trip, and must be related to official business. These expenses include: laundry and dry cleaning; baggage and porter fees; maid and room fees; registration fees; tips; and postage and telephone costs. Automobile expenses may be included based on actual costs or based on a standard mileage allowance of 20.5¢ per mile for the first 15,000 miles and 11¢ per mile thereafter. Meals may be deducted based on actual cost, so long as they are not "lavish or extravagant," or based on a standard allowance of \$14 per day for trips of 30 days or less and \$9 per day for trips over 30 days.

"Fewer expenses incurred near the recruiter's permanent duty station may

be included on Form 2106," Smith said. "Travel expenses may be included if a statement of nonavailability is obtained from the local motor pool. Travel costs from domicile to a recruiter's permanent duty station may never be included. Meals purchased for prospective applicants may be listed, so long as a receipt for the expense is

Photos reversed

The photographs of Sgt. 1st Class Patrick J. Yasenak and Rodger N. Ingram were reversed on pages 8 and 10 respectively of the March 1984 *all VOLUNTEER*.

kept and the recruiter can justify that the expense was incurred in an attempt to enlist the individual.

"If these expenses are listed, the recruiter expense allowance must be included as a reimbursement on Form 2106," he noted. "The records must

show: the amount of each separate expense; the date; the place; the person involved; and the nature of the discussion such as "Reserve enlistment" or "Army College Fund." Laundry and dry cleaning expenses near the permanent duty station may not be included."

Incidental office expenses cannot be listed on Form 2106. Monthly telephone charges, or any portion of those charges are not includable, even if some recruiting duties are performed at home. Some uniform expenses may be deducted on Schedule A of Form 1040, Itemized Deductions; while the cost of fatigue uniforms, if local regulations prohibit off-duty wear, and the cost of military insignia and awards may be listed, other uniform expenses may not.

IRS Publication 463, Travel, Entertainment, and Gift Expenses, provide detailed advice and information. Specific questions can be addressed to Smith, Autovon 459-2151/2063.

New light division

WASHINGTON — Increasing the strategic flexibility of United States ground forces, the 7th Infantry Division, stationed at Fort Ord, Calif., is to be converted to a "light division" configuration announced Secretary of the Army John O. Marsh, Jr.

Resources made available to the Army as a result of the conversion of the 7th Division and other adjustments through the Army will provide the basis for activation of initial elements of a new light infantry division.

No decision has been made on the home base of the new division.

The light divisions will each have a strength of approximately 10,000 soldiers, compared to 14,000 to 17,000 in other Army divisions. About 5,000 members of the new light division will be combat infantrymen.

While continuing the programed modernization of its heavy forces, officials stated the Army will accomplish these light force initiatives within existing resources.

The increased deployability of the light divisions according to officials, combined with their capability to operate across a broad range of tactical conditions, will increase the deterrent value of Army forces. This smaller division will permit rapid deployment of Army forces to any location without sacrificing fighting strength they noted.

Helmets help

FORT SHERIDAN, ILL. — According to the Motorcycle Safety Foundation, of every 100 motorcycles registered, 3.33 will be involved in an accident.

The National Safety Council reports that the mileage death rate for motorcyclists is more than five times as great as that for all motor vehicles. One study pointed out that cyclists involved in a crash without a helmet have twice as many head injuries as those wearing helmets and from three to nine times as many fatalities as helmeted cycle riders.

"Now you can see why the helmet is the single most important protective item for a motorcyclist," stated Paul L. Berry, USAREC Safety Office. "Of course, for the helmet to work, it should fit snugly and be fastened securely," he added.

"Standing still, your peripheral or side vision is about 110 to 115 degrees," Berry said. "A certified helmet must provide a minimum peripheral vision measuring 120 degrees.

"Helmets do not impair your hearing," he continued. "Simply stated, the helmet provides a sound screening effect. The actual benefit is that wind blast is screened and critical sounds are more easily heard and recognized. Consequently, at higher speeds the rider with a helmet hears better.

"Helmets do not cause whiplash neck injuries," Berry explained. "Whiplash injuries are peculiar to car accidents. When a car is struck from the rear, the driver's head and neck move violently over the back of the front seat. This action causes the whiplash injury.

"What the helmet will do," Berry concluded, "is decrease your chance of a head injury and increase your chance of survival."



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people listen*

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WEAPONS QUALIFICATION

Soldiers no longer are required to undergo annual weapons qualification unless they are assigned to a unit or duty position that authorizes individual weapons.

The original policy required every soldier to qualify regardless of the unit's weapon authorization status.

Army officials stated that the policy change derives from observing that too many weaponless organizations, like USAREC, had a difficult time complying with the requirement of the annual qualification process.

PT PROFILES

Soldiers with limiting physical profiles that prohibit running can now substitute the running portion of the Army Physical Readiness Test with an alternate event.

According to Army personnel officials, the new policy took affect in January and allows soldiers with limiting profiles to substitute the run with such events as walking, bike riding or swimming.

Previously, the alternate event policy applied only to soldiers over 40 years old.

ATHLETE OF THE YEAR

A transportation officer at Fort Carson, Colo., Capt. Leo White was named 1983's Military Athlete of the Year.

White, captain of the U.S. Olympic Training Center's judo team, is the youngest American to win a Fourth Degree Black Belt in judo. He has captured five U.S. Judo Championships, one short of the record.

This past year he was inducted into the Black Belt Hall of Fame. He also took first place at the National Sports Festival and other Pan American Games trials.

HAWAII EXPENSES

On orders to Hawaii? Beware of the state's high cost-of-living index. That's the message from military personnel officials to soldiers about assignment consideration to Hawaii.

Hawaii has been ranked by the Department of Labor as one of the highest cost-of-living areas in the United States.

The average monthly rent of an unfurnished apartment, for example, ranges from \$500 for a one-bedroom unit to \$700 for three bedrooms. Furnished apartments are approximately \$100 more.



SECRETARY OF THE ARMY
WASHINGTON

MEMORANDUM FOR COMMANDERS, MAJOR ARMY COMMANDS

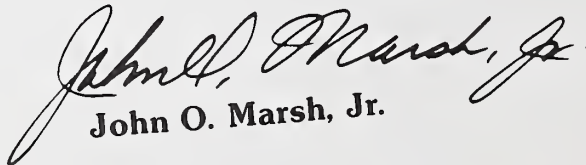
SUBJECT: Military and Civilian Fitness

We have been emphasizing the importance of physical well-being for the past two years. Throughout 1982, the Army "Year of Physical Fitness," and 1983 we have seen the establishment of the Soldier Physical Fitness Center, the Army Staff Corporate Fitness Program, and other vigorous programs throughout the Army.

The Army and a few private sector organizations have been in the vanguard of the move toward overall corporate fitness, recognizing that an institution that promotes the health of its employees will be rewarded with increased productivity. Not surprisingly, research is now beginning to bear out the convictions which many of us have held for years — that individuals who take care of themselves and exercise regularly are able to function more effectively, both mentally and physically.

Today's Army has a wide range of fitness activities such as weight control clinics, seminars on the prevention of substance abuse, classes on coping with stress, improved nutrition, physical fitness and exercise programs. Installation sponsored "Wellness Fairs" have been conducted and similar activities are commonplace. The Surgeon General's Health Fitness Advisory Teams are operating at all major installations. Fitness training for senior leaders is ongoing and the Health Risk Appraisal Program is developing an Army data base for future research.

The President's proclamation on National Physical Fitness and Sports Month and Secretary Weinberger's memorandum on employee fitness both strongly encourage the institution of regular fitness programs in the day-to-day activities of all employees. Their statements provide clear affirmation and strong support for the course of action the Army has pursued.


John O. Marsh, Jr.

What's the Army doing?

*By Capt. George W. Wells
Soldier Physical Fitness School
Fort Benjamin Harrison, Ind.*

Many successful businesses in America are involved in massive fitness programs for their employees and employees' families. The reasons are simple. Businesses which have fitness programs are finding that employee attitudes are more positive, tension is reduced, absenteeism is down, production is up, health care costs are less and quality has never been better.

The Army, too, has long realized the value of physical readiness training, and recent support from the Secretary of the Army has reaffirmed the Army's emphasis on fitness. In line with this emphasis, the Army's fitness effort has been centralized at the Soldier Support Center, Fort Benjamin Harrison, Ind. There, the Soldier Physical Fitness School (SPFS) researches, develops, writes, instructs and publishes current fitness doctrine for the Army.

Together with many leading authorities in the field, the school has developed a comprehensive program containing various fitness components including diet, nutrition, weight control, stress management, exercise and a commitment to a healthier lifestyle for all family members. Never before has the Army encompassed its whole family

in such a comprehensive campaign to promote fitness.

Recently, new campaigns have been directed at the various agencies and personnel on the installation. These campaigns include promoting awareness of the best foods to purchase at the post commissaries; publishing information guides listing calories of certain food items served in the dining facilities and post eating establishments; airing information spots on post and local television channels; and providing cautions against food fads and fantasies.

The future of the fitness effort in the Army includes providing many new and expanded facilities, both indoor and outdoor. A good example of these are the new Army Fitness Centers being built which include weight rooms, hot tubs, saunas, swimming pools; future family fitness centers; outdoor recreational areas, and specialized programs presented in conjunction with these facilities.

The Army realizes that the strength of the fighting force is dependent on many components, including equipment, personnel and supplies. Fitness is an important cornerstone of the personnel readiness posture, and the Army realizes that family fitness is important because the family lends much-needed strength to personnel readiness through positive reinforcement.

Fitness has and will continue to provide a necessary ingredient for improved health, reduced stress and a better lifestyle for all concerned. That is the principle upon which the Soldier Physical Fitness School is based and upon which it will build to improve the total fitness of soldiers and their families.

A complete explanation of the school's organization and functions are featured in the following article.



Fitness school bell rings

*by Maj. Randolph Hansen
Soldier Physical Fitness School
Fort Benjamin Harrison, Ind.*

Established in January 1982, the Soldier Physical Fitness School is organized to meet the Army's objectives on fitness through physical conditioning and testing, education, research and development, nutrition and diet, and weight control. It consists of a Director, the Training and Doctrine Division, the Sports Division, and the Physical Fitness Academy.

Director, Soldier Physical Fitness School

The director manages and directs the efforts of the school and informs Army leaders about the latest doctrine and techniques developed and taught by the school. His duties include extensive travel to reinforce the priority of physical fitness within the Army. To date, briefings have been presented to leaders at major installations in the Continental United States, Europe, Korea, Alaska, Hawaii and Panama. In addition, the director briefs future battalion commanders as part of their curriculum at the pre-command course conducted at Fort Leavenworth, Kan.

Training and Doctrine Division

To assure the most current training is developed and maintained, the Training and Doctrine Division coordinates with the Army Physical Fitness Research

Institute at the Army War College.

The division serves as program manager for actions in the areas of training development and doctrine for physical fitness, including analysis and design of fitness training, and it manages the training literature program and civilian contract support of training development.

In addition, the division is responsible for revising, designing and developing Field Manual 21-20 (Physical Readiness Training); developing the soldier's manual and Skills Qualification Test for MOS 03C (physical activities specialist) as well as designing and developing the program of instruction and lesson plans for MOS 03C functional, advanced individual training and basic technical courses, and the advanced non commissioned officer (NCO), the master fitness trainer and reserve Training and Doctrine Command (TRADOC) instructor master fitness courses.

Among other things, the division also provides recommendations through TRADOC to Deputy Chief of Staff, Personnel (DCSPER) on revision of Army Regulation 600-9 (Weight Control); serves as Army proponent for "Run/Swim for Your Life" programs; reviews standards and events for physical readiness testing of soldiers under 39 and over 40 years of age; designs and develops exportable training packages for all TRADOC professional development courses in the area of physical fitness; develops family and Department of the Army civilian fitness programs as well as standards of fitness and a data base on fitness. The division interfaces with the Office of the Surgeon General concerning medical aspects of physical fitness.

Physical Fitness Academy

The Physical Fitness Academy is responsible for conducting institutional instruction in total fitness for active and reserve components. It also provides mobile training teams to active Army installations. Visits to Army Reserve and National Guard units will be conducted in the future. Current instructional programs include:

- The Master Fitness Trainer. This is a four-week course for NCOs or junior officers from each battalion, major headquarters, TRADOC schools and TDA units. In 22 courses, 1,100 master fitness trainers will be trained per year. Two courses are planned for United States Army, Europe and one for Korea.
- The Reserve Master Fitness Trainer Course. A combination of pre-attendance correspondence courses and two weeks at Fort Benjamin Harrison, this course will be offered to meet limited active duty training time for Army Reserve and National Guard personnel.
- The Physical Activities Specialist Course (03C transition). This is a 7½-week course for all soldiers with MOS 03C and an advanced individual training course for 6½ weeks for new soldiers training for MOS 03C. The school will




train 200 MOS 03C transition soldiers in five classes and 150 soldiers in three advanced individual training courses per year.

- The Physical Activities Specialist Basic Technical Course. This course will be conducted in the outyears as new accessions achieve the required grade and service.

Sports Division

Personnel for the Sports Division are not yet on hand. The full complement should have arrived and assumed their duties by fiscal year 1985. Responsibility for preparing unit sports programs

and procedures is currently being assumed by the Training and Doctrine Division of the school.

The Soldier Physical Fitness School has produced several publications to help meet the Army's objectives in the area of total fitness. Among these publications is "The Individual's Handbook on Physical Fitness" (Department of the Army Pamphlet 350-18), which is particularly helpful to recruiters. A brief review of the pamphlet and its benefits follows. 

IDEAL FOR LIFE AS RECRUITER

Pamphlet helps fitness seekers

Staying in shape while assigned to a recruiting station far from the flag pole isn't easy. Morning physical training (PT) is soon often replaced by an extra cup of coffee or a 0430 drive to the Military Entrance Processing Station (MEPS). Incentives to keep in shape soon fall aside to those of meeting station, company and battalion goals. Being a recruiter changes your routine and your family's routine, too.

Recruiting is such a unique experience that only those who have been there can understand the changes. Coping with these changes and maintaining a healthy lifestyle isn't easy, but it is possible. To start, formulate a fitness program and develop a "total fitness" lifestyle for you and your family. Army Pamphlet 350-18, "The Individual's Handbook on Physical Fitness," can help you do that.

This handbook, produced by the Soldier Physical Fitness School at Fort Benjamin Harrison, Ind., is designed specifically for the individual unable

to participate in unit fitness programs and it can show you how to integrate total fitness into your way of life.


The best way to start your program is to evaluate where you are right now. Section I of the handbook provides a health habits inventory that allows you to assess honestly where you need to concentrate your efforts and it provides guidance on how to accomplish that assessment correctly and easily. In addition to the assessment, medical considerations are provided in Section I to help identify potential health risks prior to starting your program.

In Section II, aids to designing your own exercise program are provided, and succeeding sections consider diet and nutrition, weight control, and stress factors that affect fitness, such as change, frustration, overload, boredom and the relationship between nutrition and stress.

Tips and instructions for particular exercises are given in several of 15 appendixes. The appendixes also include progress and calorie consumption/expenditure charts, nutrition guides, weight maintenance requirements and estimation of energy requirements. In addition, there is discussion of

the Army physical readiness test and medical considerations for Army personnel over 40.

The handbook is designed for the individual's use, not to be kept in an orderly room or in a desk drawer in the recruiting station. Read it; write in it; take it home with you and use it. Teach your family how to use it.

Accepting a total fitness lifestyle will not only make you and your family look and feel better, it will also greatly increase your chances of living longer, healthier lives. 

Vitamins not always

by Charlotte Asch
Health Sciences Command
Fort Sam Houston

"If a little is good, more is better" seems to be the belief of many Americans today about taking vitamins. Some look on vitamins as "insurance" and, because of supposed irregular or poor eating habits, take a daily vitamin or two "just to play it safe." Others take vitamins according to their diagnosis for a particular symptom: A cold coming on? Take vitamin C. Some quick energy? Try some vitamin B. For whatever reason, Americans in 1980 spent over \$915 million on vitamin concentrates.

Why? What exactly are vitamins that there is so much interest in them?

Very simply, vitamins are nutrients which, in small amounts, are essential for normal growth and maintenance of life. Each vitamin — and there are 13 known ones — has one or more specific functions in the body. For the most part, the body cannot manufacture vitamins, so they must be supplied by food.

Contrary to popular belief, most people have no need for vitamin supplements. Even with the widely differing food patterns and preferences among people, they usually eat a diet made up of a wide enough variety of foods to ensure that they get all the vitamins in sufficient amounts to meet the Recommended Dietary Allowances (RDA) established by the Food and Nutrition Board of the National Research Council.

Although certain people in some special instances may need vitamin supplementation, this should be done only under the advice and follow-up of their physician. For example, some children, teen-agers, senior citizens and people on imbalanced reducing diets may be lacking in vitamins and may benefit from an inexpensive multivitamin preparation.

Patients recovering from surgery, extensive burns, serious illnesses and intestinal conditions which impair normal dietary absorption may also need vitamin therapy. Some research suggests a possible need for vitamin supplements for people who smoke, those under great stress, people who consume alcohol to excess and those taking drugs, such as some antibiotics which interfere with the body's absorption or use of food.

Too many vitamins?

With so many people taking vitamins, scientists are exploring whether it is possible to take too many vitamins. They are finding in more instances that the answer is "yes."

Some vitamins — the group of B vitamins and vitamin C — are water soluble and are not stored in the body. They must be supplied daily by the food you eat. Any of these vitamins not needed by the body are excreted in the urine. Hence any excess of these vitamins benefits only the pocketbooks of those who sell them.

On the other hand, the fat-soluble vitamins — A, D, E, and K — can be stored in the body. Continuing studies are showing that a build-up of these vitamins to excessive levels can cause serious illness.

For instance, high levels of vitamin A taken over a long period may cause permanent liver damage and stunted growth as well as lesser problems. Some studies show that excessive vitamin D may contribute to heart attacks and kidney stones. Other toxic effects of vitamins are not known, so



If a little is good, more is better?

the answer

you should avoid excesses.

Megavitamin therapy, or treatment with massive doses of vitamins, has been advocated by some scientists. It has been recommended for conditions ranging from preventing colds to curing alcoholism, drug abuse and aging. But the data on megavitamin therapy is largely unfounded or controversial. Much research remains to be done.

With the growing public awareness of nutrition, the widely fostered idea that vitamins can be a "cure all" for all diseases has led health-conscious people to believe they can be their own doctors.

Many misconceptions have arisen as a result of all the misinformation about vitamins. A few of the common fallacies include:

Vitamin facts and fallacies

- Fresh foods are a better source of vitamins than processed foods.

In general, there is little difference between fresh and processed foods due to modern processing methods.

- "Organic" or "natural" vitamins are nutritionally superior to "synthetic" vitamins.

"Synthetic" vitamins, which are manufactured in the laboratory, are identical to the "natural" vitamins found in foods. The body can't tell the difference between the two, but you'll pay a lot more for the "natural."

- Vitamins give you "pep" and "energy."


Vitamins yield no calories and provide no extra energy.

- Modern farming methods have depleted the soil and food no longer contains adequate nutrients.

Modern farm practices do more than ever before to protect and enrich the soil. Besides, the soil has little to do with the plants' vitamin content.

- Organically-grown fruits and vegetables have more vitamins than those treated with chemical fertilizers and sprayed with insecticides.

The difference is more in the extra money you pay for organically grown produce. If you thoroughly wash fruits and vegetables before eating them, how they are grown makes little difference in nutritional content.

What it all boils down to is that for most people vitamins are readily available in food. While essential for good health, excessive amounts of vitamins are potentially harmful to the health — and to the pocketbook. 

VitaGuide

Vitamin	Needed for:	Found in:
A	good vision, healthy skin, strong bones, and wound healing.	yellow, orange, and green vegetables; yellow fruits; and the fat of animal products like fish, milk, eggs and liver.
B	using protein, fat, carbohydrates; keeping eyes, skin and mouth healthy; development work of the brain; the nervous system.	whole grain and enriched cereals and breads, meats and beans.
C	wound healing; development of blood vessels, bones, teeth, and other tissues, and for minerals to be used in the body.	citrus fruits, melons, berries, green vegetables.
D	using calcium and phosphorus to build strong bones and teeth; a vitamin your skin produces when getting sunshine.	fatty fish, liver, eggs, butter; added to most milk.
E	helps preserve the cell tissues.	a wide variety of foods, and most people get enough; vegetable oils and whole grain cereals are especially rich sources.
K	normal blood clotting.	dark green, leafy vegetables; peas, cauliflower, and whole grains. Also made in our bodies.

Anger... where

By Patricia Kukoski
Walter Reed Army Medical Center

Anger is something that most people, when questioned about it, try to deny. It is a source of embarrassment when mentioned. It is perceived as a character flaw, a possible chink in their intellectual armor, and it is another reason to get angry — “I am not angry. Why don't you quit bugging me? If you don't stop pestering me, I really am going to get angry.”

“If we could just get people to understand that anger, as an emotion, is just as good as love when it is used appropriately, we might be better able to help people deal with it,” said Chaplain (Lt. Col.) Tracy Maness, holistic health care educator and director of Walter Reed Army Medical Center's Wellness Center.

“Anger does have its purpose. It is OK to get angry about something as long as the response to that anger is an appropriate one, and ‘appropriate’ is the key word here. Just getting angry and keeping it locked inside or dumping it off on somebody else is an inappropriate response.

“If I dump on my wife and children the anger I have incurred at work from my supervisor, a co-worker, or a patient, it may seem that I am getting some kind of release, but in fact I end up feeling guilty about it,” he continued.

“I know, deep down inside, that I have reacted against the wrong people. I am still angry at my boss, co-worker, or the patient, and now I am angry with myself.”

This idea of compounding anger through physical or verbal ventilation is also shared by Carol Tavis, social psychologist and author of a book on anger.

“It seems to me that the major effect of the ventilationist approach has been to raise the general noise level of our lives, not lessen our problems,” Tavis writes.

“I notice that the people who are the most prone to give vent to their



rage, either directly or indirectly, get angrier, not less angry.”

By way of example, Tavis plots the stages in a typical “ventilating” marital argument as: “precipitating event, angry outburst, shouted recriminations, screaming or crying, the furious peak, possible physical assault, exhaustion, sullen apology, or just sullenness.”

None of these actions, she maintains, causes the anger to vanish or the angry spouse to feel better. And sharing the

argument with a friend at work or repeating it, blow for blow, to someone over the telephone doesn't reduce the tension either.

“Talking out an emotion doesn't reduce it; it rehearses it,” Tavis notes. “The belief that talking it out is cathartic, or a good release of tension, assumes that there is a single emotion to be released. But most emotions are actually combinations that reflect the complexity of the problem and of our lives: hurt and jealousy, rage and fear, sadness and desire, joy and guilt.”

But anger is not just an emotional or psychological experience, according to Maness. It is a physical one as well. When you get angry your blood pressure goes up, your muscles tense, your heart beats faster, and the body's automatic stress responses kick in — you get ready to “fight or flee.”

Chronic, unrelieved stress can cause disruptions in the bodily functions, bring about physical and emotional illness and lead to death, if nothing is done to eliminate it.

“The average person cannot repeat the details of an argument or discuss personal feelings of anger without physically experiencing those same emotions all over again,” Maness explained.

“The psyche cannot tell the difference between the original upset and the rethinking or the retelling of it. When you go through it over and over again, the body also goes through the same stress reactions over and over again.”

If ventilation of anger can be counter productive, is stifling anger a better alternative? “Not necessarily,” Maness said. “Those people who always keep their anger inside can do themselves

does it end?

as much physical harm as those who vent it freely on the outside.

"Especially," he continued, "if that anger is directed at themselves and takes the form of self put-downs — "They're right. I really am no good. I should have gotten there earlier; I should have finished the job sooner. I am a loser."

For most of us, the direction our anger takes and the way we choose to express it, depends largely on two factors according to Tavris: the context of the anger, or the reason we feel angry, and the requirements of our roles at home, work or play.

For example, a man who has an argument at work with his boss might be more inclined to walk away from the situation, even if he believes he is right, than to protest to his boss directly.

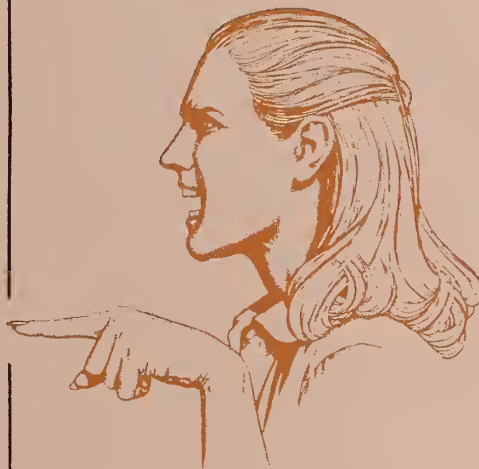
But that same man, if he witnesses someone on his softball team being treated unfairly by the umpire, might freely express his anger even though the umpire, like the boss, is in a position of authority. This is righteous anger, and most people feel pretty good about it.

"The decision of whether or not to express anger rests on what you want to communicate and what you hope to accomplish, although these are not necessarily harmonious goals," according to Tavris.

"You may want to use anger for retaliation and vengeance, or for improving a bad situation, or for restoring your rights. Your goals determine what you should do about anger."

While it's true that fear of reprisal can determine how you express your anger, and to whom you express it, it is also true that fear itself can cause anger, according to Maness.

"No emotion is rational," Maness said, "and fear is a powerful emotion. Take the man who had the fight with his boss. Did he get angry before the



fight or afterward? Is he angry because he was right and the boss didn't see it, or is he angry because, right or wrong, he is afraid of losing his job if he argues about it? Any situation that can engender fear in someone, can engender anger.

"If I get stopped by a policeman, I get angry about it, even though I am sitting there smiling away and saying 'Yes, Sir' every chance I get. I am afraid of his authority over me; it creates fear in me and at the same time it creates annoyance and anger.

"When I get angry with my kids, it often comes out of a fear of losing control over them, or a fear of a loss of respect." This may explain why arguments between parents and teenagers often become more violent as the teen gets older. It is difficult to tell

a 16-year-old, who stands a good three inches taller than you, to go to his room without dinner. The fear of loss of control fires the flames of rage.

Another possible factor in determining how we choose to express our anger comes from our basic personality types, according to Maness.

"This is greatly simplified, but I think that the choices we make as either an introverted personality or an extraverted personality have a lot to do with how we choose to express our anger," he explained.

"In our society, extraverts outnumber introverts three-to-one. That is why introverts, the shy, quiet, stand-backish types, seem a little weird to the rest of us. We extraverts talk down to them. We don't understand them.

"Introverted people tend to deal with the inner world of ideas; everything important that goes on happens inside of them. When they experience anger, they work those feelings out inside of themselves too. When they are ready, and if they've found someone they can talk to, they might bring those feelings outside.

"Extraverts, on the other hand, like to throw it all out on the table. They want to get their stuff outside for everyone to see and admire, including their anger. They are best able to deal with things if they are on the outside," he continued.

Ultimately, it is best to remember that it is impossible to be human and not feel anger. Anger, like love, is one of the basic emotions that define the human condition. We all get angry.



Here's the real truth

By Capt. John Warber
Soldier Physical Fitness School
Fort Benjamin Harrison

Isn't it nice to live in a world with such "quick-services" as one-hour dry cleaning, photos developed while you wait and the 10-minute oil change? Wouldn't it be nice if we could get a similar service for ridding ourselves of unwanted, excess body fat? If you walk into any bookstore or look at the covers of most popular consumer magazines, you might think such services already exist. Thousands of "quick-weight-loss-programs" are being promoted and frustrated dieters, looking for quick-fix solutions, are subscribing to these schemes. What they find is frustration, because the plain facts are: **There are no breakthrough diets and no scientific secrets for losing weight.**

Probably no other area within the science of nutrition has been exploited with as many false and misleading claims as that of weight loss. Let's look at a few of the more common myths held by many dieters and try to set the record straight.

MYTH: Spot reducing is effective.

MEANS: Sauna belts, rubber pants, passive stimulators, isolated exercises, creams.

FACT: The loss of fat tends to be uniform all over the body and fat is best lost through vigorous and continuous exercise that involves total body movement.

MYTH: Carbohydrates are fattening.

FACT: Carbohydrates and proteins have the same caloric value per gram. Carbohydrates are the primary source of energy for the human body. If a diet program promotes the exclusion or minimal use (less than 100 grams per day) of carbohydrate foods, it should be avoided unless under close medical supervision. Remember, foods which are good sources of carbohydrates also provide B vitamins and are the major contributors of dietary fiber (skins on potatoes, whole grain bread and cereals). We cannot neglect the basic nutritional needs of our body and jeopardize health during a weight loss program.

MYTH: You can melt the pounds away.

MEANS: Steam baths, saunas, rubber or plastic workout suits.

FACT: Intentionally overheating the body through these methods will produce weight loss. However, this loss is at the expense of body dehydration (removal of body water) and does not affect body fat. Excessive water loss can cause serious chemical imbalances and other dangers if continued under less than reasonable conditions. The bottom line is that weight loss by removal of body water is useless for weight control.

MYTH: Grapefruit burns fat.

FACT: There is no magical food or beverage that will burn fat. However, grapefruit is low in calories (10 calories per fluid ounce) and an excellent source of vitamin C.

MYTH: Most obesity is glandular.

FACT: There are people whose weight problem is largely the result of hormonal imbalance. It is recommended that all cases of obesity be medically screened to ensure that the obesity is not the result of some underlying physiological problem. The truth of the matter is that less than two percent of the screened obese population suffer some glandular disturbance. All forms of obesity are still partially managed with calorie restricted diets.

on quick weight loss

MISCONCEPTION: Skipping meals is a good way to lose weight.

FACT: The importance of eating breakfast and regularly planned meals cannot be overemphasized. Meal skipping generally results in overeating. When the daily food intake is divided into small portions and eaten at intervals, continued weight loss is more likely to occur.

MISCONCEPTION: You can lose 10 pounds in 10 days.

FACT: Body fat is lost very slowly in almost all cases. Body weight, on the other hand, can go up or down three pounds overnight. Here is an example of what someone would have to do under controlled conditions to lose 10 pounds in 10 days:

1) Consume 1,000 calories less than what they currently need to maintain weight. (Still providing yourself a balanced diet.)

2) Walk or jog 23 miles every day for 10 days.

Most Americans are afraid to walk across a parking lot, let alone 23 miles over and above their regular activities. A good rate of weight loss that is safe and reasonably easy for most dieters to achieve is one to two pounds per week.

If you should come across a program that's costly, flashy, appears gimmicky or extreme, approach it with caution: **Dieter Beware!**

Here are seven sensible steps to solve the secrets of slimming.

- 1) Exercise regularly.
- 2) Eat three balanced meals per day.
- 3) Avoid foods high in simple sugars such as candy, ice cream, sodas and soft drinks, cookies, cake, sugar coated cereals, pies and pastries.
- 4) Reduce the fried foods in your diet, such as fried chicken, breaded fried red meats and vegetables, fried fish, potato chips and french fries.
- 5) Use only low (1%) or non-fat (0-1/2%) dairy products.

- 6) Avoid fatty foods, such as hot dogs, processed and blenderized luncheon meats, bacon, red meats with high marbeling content, sausage, too much butter or margarine, mayonnaise, salad dressing and nuts.
- 7) If you drink alcohol, do so in moderation and drink dry wines, low calorie beer or distilled spirits with low calorie mixers or water.

Start your program today. Remember it takes a long time to lose weight safely.



There is probably no other area within the science of nutrition that has been more laden with false and misleading claims than that of weight loss. The plain facts are: there are no breakthrough diets and there are no scientific secrets for losing weight.

No Sarge,

There is no easy way to lose

By 2d Lt. Brenda Richardson
Walter Reed Army Medical Center

Losing weight is a great American pastime.

Each year 70 million Americans spend upwards of \$10 billion for anti-obesity prescriptions, appetite suppressants, reducing pills and diuretics, diet books, mechanical devices, health spas and special diets. According to one research firm, over-the-counter weight control products now account for \$110 million in sales annually. This figure is expected to rise to \$194 million by 1985.

There is limited long-term success in spite of the numerous participants in exercise reducing regimes, and the over 29,000 claims, theories and treatments for losing weight. Statistics indicate that less than six percent of the weight loss programs are effective, and an amazing 13 percent were considered hazardous to the participants.

Why do Americans spend so much money and time on weight reduction? At present, 40 percent of the adult population is overweight. According to a recent release from the National Center for Health Statistics, obesity was blamed for over 1,100 deaths in 1981. Obesity is associated with at least 26 known medical conditions that could collectively account for 15 to 20 percent of the mortality rate. It not only shortens the life span, but also increases the risk of developing other complications.

Since obesity or being overweight is a common problem in this country, we focus our attention on treatment. Significant weight loss is possible in short periods of time with drastic

measures like drugs, fastings or fad diets. This weight loss is usually short lived, and the long-term maintenance of weight reduction is poor. Physicians and dietitians are generally in agreement that fad diets are not the answer, but each month the news media abounds with new and miraculous diets. If these

.....and
I need to lose
weight by tomorrow
because I have a P.T.
test in the morning.
Do you think....




fad diets were successful there would be little need or incentive to devise new ones. The American Dietetic Association(ADA), representing 47,000 dietitians and nutritionists, recently announced that a popular 330-calorie-a-day diet plan is not a "common sense" approach to weight loss and should not be undertaken without

strict monitoring by a medical professional.

Quick weight loss plans may offer short-term solutions, but do not encourage permanent healthy eating or weight maintenance. The most effective reducing programs are those exhibiting structure, organization and supervision. In general the most successful weight reduction approach involves three components — sound dietary control, exercise and behavior modification.

The objective of nutritional behavior modification is to change eating practices by changing lifestyle. The purpose of the method is to help the individual make permanent changes in the habits that result in overeating. To alter eating behavior, the circumstances that surround eating are modified. An example of behavior modification would be to have the individual always eat in one location of the house instead of eating in front of the television.

The key to successful weight reduction is education. The Army's present focus on fitness and weight control makes education even more essential. Overweight soldiers and their families should learn how to exchange poor eating habits with healthier nutrient choices.

The only safe way to lose and keep weight off is to lower caloric intake with a balanced combination of the basic 4 food groups and exercise. Contact your physician or dietitian for an individualized approach which will enable you to reach your goal safely and successfully. 

Heart attack victim fights back



*Story by
Sgt 1st Class Charles Drake
Rctg Bn Columbia*

"I was hit with severe chest pains after a particularly tough day on the job," said the first sergeant. "It hurt so much, it literally drove me to my knees."

That's how Master Sgt. Bill Dempsey, first sergeant of Charleston Recruiting Company, described the severe chest pains that sent him to the cardiac intensive care unit of a hospital for five days and required several weeks of recuperation.

Dempsey readily admits, "PT and exercise were 'sometime' things, and only when I had to. In 1979-80 I was the senior guidance counselor at the Atlanta MEPS. I weighed 240 pounds and had a lot of unhealthy habits, such as eating fast foods, wolfing down meals, eating on an irregular basis and smoking three packs of cigarettes a day." In August 1980, Dempsey paid for those habits.

"Here I was at 37 years of age and already facing a heart attack," Dempsey said. "That wasn't exactly what I had in mind."

Dempsey and his doctor had a long talk about what he should and shouldn't be doing. The list of things he should be doing included watching his diet, giving up smoking and beginning an exercise program.

Adhering to that list was the beginning of a new lifestyle for Dempsey and it resulted in a remarkable comeback for him.

"I began to walk on a regular basis," he said.

In a short time, the weight started to come off and he began to feel better. After a while he was jogging, rather than walking.

"I went through a complete physical examination and set a rather modest goal to start with," he said. With each new achievement, Dempsey set a new goal to work on. Gradually his goal was to run a full mile, then two miles. "The more I worked on it, the better I began to feel," he said. Three months later he was able to complete the two miles.

Dempsey set another goal. He wanted to run and complete a short competitive race; not to win, but to finish.

His first race was a 3.1-mile event in Atlanta sponsored by the Heart Fund.

Dempsey became friends with some long distance runners at the 2d Recruiting Brigade (Southeast) Headquarters, who encouraged him to keep working on his running. "Their advice and help really kept me going," Dempsey said. "I entered a Thanksgiving Day marathon in 1982 with the idea of going just half way. But when I passed the 13 mile mark I still felt pretty good, so I pushed on to finish the race."

"I probably won't run another marathon," he said. "It puts too much stress on the body. I hurt for a week afterwards."

Since moving from Atlanta to become first sergeant of Charleston Company, Dempsey has used running to relieve stress and to keep in shape. He runs in the early morning or evenings, depending on his work schedule.

"I burn off a lot of frustration between my home and the turnaround point on my daily run," he said.

"When I first started jogging, I was so fat I was embarrassed to be seen in jogging shorts, so I started running on a track near my house," he said. Now Dempsey runs the streets in some of the coldest weather in jogging shorts and light sweaters.

During a church sponsored fund raiser for a cancer patient, Dempsey went on the road for 25 miles to help pay for some of the patient's medical expenses with money raised through pledges.

He constantly "maxes" the semi-annual PT test and points with pride to the fact that not only does no one in Charleston fail the PT test, but five or six "max" the test each time. "I like to think that the example we set as leaders has some effect on those scores," he said. "All our recruiters work under pressure, but they take care of themselves and perform well."

Charleston Company has been one of 2d Recruiting Brigade's top recruiting companies for the first two quarters and continues to pile up impressive mission numbers.

Dempsey, now over age 40, is planning to retire this spring. He hopes to devote more time to getting in shape and competing in some short and medium distance races later this year.

Dempsey points out that the key to this comeback was taking one modest goal at a time and to having medical advice each step of the way.



How do you lose weight,

Here are some dieting tips from Susan Durban of Fort Lewis' Madigan Army Medical Center.

Locking the cabinets and putting an alarm system on the refrigerator may help you stay away from food, but there are better ways to diet.

"A good way to mentally psyche yourself up to lose weight is to look in the mirror," said 1st Lt. Cecilia DeWinne, chief of community nutrition at Madigan Army Medical Center. "You have to tell yourself you want to change your weight and that's the first step to losing it," she said.

Next take a look at your diet. It plays an important part in losing weight. Low calorie foods like fruits and vegetables should be eaten in abundance and, contrary to popular opinion, bread is also good. Alcohol and foods containing concentrated sugars should be avoided.

DeWinne warns against crash diets, however, noting that they can often result in dehydration and loss of muscle tissue. In addition, crash diets are ineffective against weight problems. "Losing weight means changing your diet for life," she added.

But a disciplined diet needs to be supplemented by a regular exercise program. "Keeping active is the best way to keep your weight down," said DeWinne. She suggested 20 to 30 minutes of aerobic exercise every other day. This would include running, jogging, bicycling, skipping rope — any exercise that puts stress on the cardiovascular system. "Calisthenics are great for toning up the muscles but they don't actually help you lose fat," she said.

The key to exercise is to find an activity you enjoy doing. "If you're disgusted with running," she questioned, "are you going to keep doing it? But if you like bicycling or dancing, chances are you'll probably stick to it."

The use of "gimmicks" such as sweat suits and weight belts doesn't promote weight loss, she stated. "Exercise is what burns up fat."

The last hint about losing weight is not to get frustrated. When you start getting close to your goal, it becomes more difficult to lose weight and the last five or 10 pounds are usually the hardest to take off. "Even though you're still cutting down on your eating and

doing the exercises, you're not burning off as many extra calories because your body mass is smaller," said DeWinne.

Finally, DeWinne said that splurging once a week is not going to hurt, but losing weight is a little more difficult if you take in a high number of calories at one time. "It means you'll have to cut back harder during the week," she said. "That's life!"



In Raleigh, Pamela Johns tells us of an aerobics instructor who ought to wear combat boots.

In the never-ending quest for variety in the battalion physical training program, Lt. Col. Charles J. Williams, Jr., commander of Recruiting Battalion Raleigh, lined up a surprise for the headquarters and MEPS staffs.

They gathered at the gym prepared for another basketball game. As they shot baskets to warm up for the contest, a young woman wearing a leotard and legwarmers, and carrying a large cassette player entered the gym.

"Fall in," commanded Williams as she entered. The perplexed soldiers fell in, and Karen Davis, a junior at Meredith College in Raleigh, took command. She put the staff through a rigorous hour of aerobic exercise.

From the warm-up stretches through the cool-down exercises, the staff made a valiant effort to keep up with her. Groans of "my body doesn't bend that way" could be heard in the ranks as the staff tried to coordinate all the motions.

When it was all over, the general consensus of the participating soldiers was, "She ought to be a drill instructor!"



stay fit and keep it that way?

Here are a few fitness facts from Maj. James Herzberger of Walter Reed Army Medical Center.

- 1.8 million older smokers have given up cigarettes in the last several decades.

- Today a record 13 million body builders are working out at 5,000 clubs in the U.S.

- 38 life insurance companies offer "super life insurance" which offers lower rates for healthy life styles.

- Today a record 30 million confirmed runners are active.

- On any given day in America a record 70 million Americans will perform some type of exercise.

- Over 1,400 books on health and fitness are currently in print.

- The cholesterol controversy has Americans eating six pounds less beef annually than they did 10 years ago.

- Americans drink four percent less alcohol than they did 20 years ago.

- Heart disease is down 20 percent since 1967.

- Life expectancy is at an all-time high.

- Fitness trails were built in more than 1,000 cities during the 70s.

- 20 million overweight Americans will start diets this year.

- Strokes have dropped by one-third since 1967.

From Jackson, Melanie McNutt tells us how to make exercise a game.

Recruiters from the Hattiesburg, Miss., recruiting station put their heads together and came up with a way of combining their job with exercising and having some fun — all at the same time.

During the winter months, the recruiters play basketball together three nights a week. "We are going to play some of the faculty of the schools," said station commander Sgt. 1st Class Darrel E. Jordan. "We hope it will help us get our foot in the door of some of the schools we have not been able to get into before."

The games have already helped the recruiters maintain a good relationship with young people in the community. "More and more people are showing up to play," said Sgt. Gregory Smith. "The DEPs bring some of their friends and we get started talking about the advantages of life in the Army."

During the summer months, Hattiesburg recruiters play softball together. They paid their own fees to play in the Hattiesburg softball league, and it has helped them get out, be seen by the public, and meet key centers of influence.

Hattiesburg recruiters have figured out how to combine work and pleasure and are having fun doing it.

Free information

"The Eater's Almanac," a series of pamphlets on health and nutrition, is distributed free by military commissaries through a Department of Defense program to increase consumer awareness. Many civilian supermarkets also distribute free literature to assist consumers with nutritional food choices. Additional information on health and nutrition is available on request from the Consumer Information Center, Pueblo, Colo., 81009.

Food facts

by Capt. John Warber
Soldier Physical Fitness School,
Fort Benjamin Harrison, Ind.

A day seldom passes that you don't come in contact with some form of communication on the subject of nutrition — newspapers, magazines, talk shows, nightly news . . . the list is endless. No matter if nutrition is a special concern of yours or not, you can't help getting involved. Most people avoid talking about politics or religion but nutrition, diet and weight control will rarely be left out of the conversation at a social gathering.

Nutritional awareness has never been greater. Take this simple test to find out about the level of your nutritional awareness.

WHAT'S YOUR NUTRITIONAL IQ?

1. Milk and dairy products are a good source of Vitamins A and D. T F
2. Four tablespoons of peanut butter provide the same quantity and quality of protein as one ounce of sirloin steak. T F
3. The recommended number of servings from the bread, cereals, and pasta food group for an adult is more than two a day. T F
4. Green leafy and deep yellow vegetables are a good source of Vitamin C. T F
5. It is recommended that everyone consume citrus fruit(s) 3-4 times a week. T F
6. Fats and oils make up one of the seven essential food groups. T F
7. The only function of the bread and cereal group is to supply the body with a ready source of energy. T F

Now score yourself to see how well you did.

Answers: 1-T, 2-T, 3-F, 4-F,
5-F, 6-T, 7-F

The fundamentals of good nutrition must be understood before you can expect to make intelligent choices about the best diet. A good diet is defined as one in which the supply of required nutrients is adequate for energy, growth, replacement and maintenance of body tissue, and for regulation of vital physiological processes.

We all have a constant need for nutrients, and all the nutrients needed for a healthy human body are obtained from food or manufactured by the body. There is no advantage to consuming excess amounts of any one food. As the old saying goes: "variety is the spice of life."

This common sense guide to understanding nutritional variety will help you understand your optimal daily diet.

SEVEN ESSENTIAL FOOD GROUPS

1. **Protein Group — 2 servings** (fish poultry, lean red meats, eggs, peanut butter, seeds, nuts, beans).
2. **Dairy Group — 2 or more servings** (milk, cheese, ice cream, yogurt).
3. **Bread and Cereal Group — 4 or more servings** (spaghetti, rice, noodles, whole grain breads and cereals).
4. **Vitamin A Food Groups — 1 serving** (spinach, kale, collards, mustard and turnip greens, broccoli, carrots, winter squash, yams, or sweet potatoes).
5. **Vitamin C Food Group — 1 serving** (oranges, grapefruits, strawberries, tomato juice, raw cabbage, and green peppers).
6. **Other Fruits and Vegetables — 2 or more servings** (apples, bananas, pineapple, grapes, green beans, beets, green peas, etc.).
7. **Fat and Oil Group — 2 tablespoons** (margarine, mayonnaise, sour cream, cream, salad dressings).

Nothing is written requiring you to eat three meals a day. It only makes sense that eating smaller, more frequent meals will make it easier to meet your daily nutritional requirements. Cramming your eating into one large daily meal is not the way to meet your nutritional needs; however, this practice is very popular. Fifty percent of the male population and forty-six percent of the female population, within the Regular Army, state they eat fewer than three meals per day.

There is no substitute for a good breakfast, but it is the most neglected meal. Two advantages result from a nutritious morning meal. First, foods which are typically consumed at this time, milk and orange juice, provide calcium, riboflavin and vitamin C. These may not be provided in adequate amounts in foods eaten at other times. Second, since the body functions on glucose, carbohydrates eaten during breakfast will help produce conditions for improved physical performance and mental reaction time. The fact that nearly fifty percent of the total Regular Army reported they eat under less than optimal conditions says a lot about our "readiness."

Breakfast does not have to consist of the "conventional" eggs, bacon, cereal, or toast. There's nothing wrong with having a serving of leftover chicken with a piece of whole grain toast, milk and juice. Any combination of foods which helps to meet your minimal requirements, will be sufficient.

The road to good nutrition starts with your efforts.



Make your feet happy

By Capts. George Wells and Carl Beekman
Soldier Physical Fitness School
Fort Benjamin Harrison, Ind.

Are you about ready to join the rest of us in getting physical? Well, before beginning, let's look at buying a quality running shoe for your daily exercise program! The following hints are not all inclusive by any means, but certainly will help you buy the right shoe for the purpose.

Personal comfort and well-being are most important when selecting running shoes. You will avoid injury, progress faster and enjoy your fitness program more if you are properly dressed.

Running shoes should be strongest in the area of cushioning, support and stability, while still being flexible, soft and light weight.

Always use the correct shoe for the sport, as shoes are designed with a specific function in mind. For example, tennis should not be played while wearing running shoes.

Always have both feet measured in a standing position, while wearing your athletic socks. One foot is generally larger than the other foot.

It is preferable to buy your shoes late in the afternoon. This is when your feet are most swollen, and therefore closely resemble their size during athletic activity. Besides good fit and comfort, here are some other things to consider when investing in an athletic shoe:

- The sole of the shoe should be durable on the outside with a moderately soft layer in the midsole which should offer enough flexibility at the ball of the foot (not the arch) so it can be bent easily by hand. If flexibility is not available at the ball of the foot when propelling off toward the next step, then the Achilles tendon and calf muscles may be overstressed.

- There should be adequate cushioning beneath the ball of the foot. The insole should be firm but offer enough

shock absorption.

- There should be a good heel cup to hold in the heel, but it should not be too tight.

- The heel counter of the shoe should be firm for support and well padded so that the heel of the foot is stabilized. If the heel counter is not firm, it can allow too much side-to-side motion and may lead to injuries. Try squeezing the heel counter to check stability.

- The heel should have good shock absorption qualities to reduce the impact at heel strike. This will lessen strain to the tendons, muscles and other structures above the foot. A slightly elevated heel, about 12-15 degrees minimum, lessens strains to the backs of the legs.

- The toe box should offer room for the toes to wiggle, but the front of the foot should not slide from side to side since blisters may result. The toes should not touch the end of the shoes,

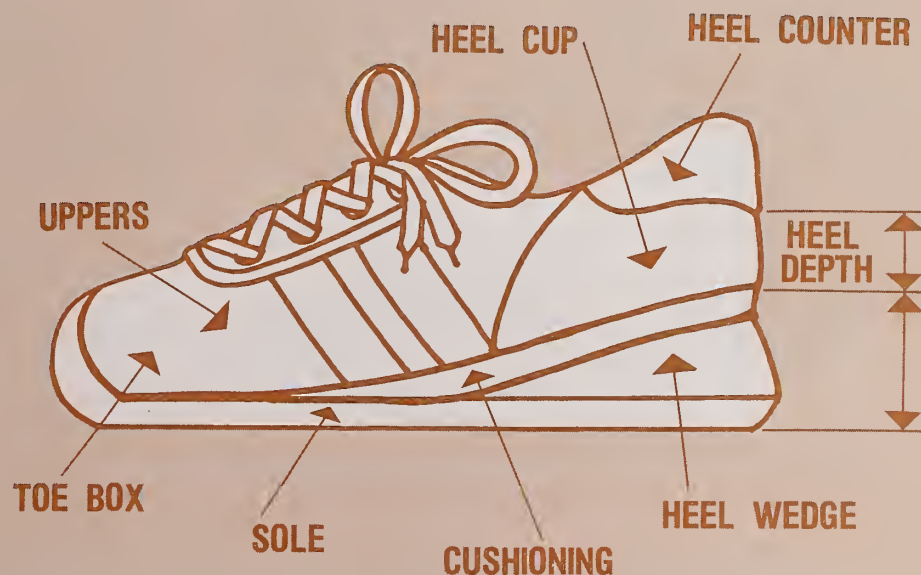
as the feet will swell with activity and the pressure will increase. Allow about half an inch from the longest toe to the tip of the shoe.

- The tongue and upper should be well padded, and should be fashioned to stay in place while running.

- Heel width: Runners in training land on their heels and need a wide, stable platform. Slightly flared heels add extra cushioning at heel strike, but if they are too wide, normal shock absorption is not allowed, and excess stresses may occur to the legs and knees.

- The shank area, under the arch of the shoe, needs to be rigid and lie flush with the ground. The shank must not buckle at foot contact or heel and arch injuries may result. As a test, try bending the shoe in this area. If it flexes too easily, it may not offer enough support.

There you are! These characteristics are what you need to look for when buying your next pair of running shoes. Don't just buy the shoes because your friend has them, or because they are the most popular, or because they appear to be the best. Buy them because they fit your needs. You'll get many injury-free miles if you buy a good shoe designed for your sport.





"MY WORK AS AN UMPIRE has put me in contact with top quality high school and college students — youngsters who are in top physical and mental condition," said **Sgt. 1st Class Edward Garcia**, commander of the Dade City, Fla., recruiting station.

The evidence that his work on the baseball diamond has paid off in the recruiting office is mission numbers. When Garcia took over the Dade City station it had made 80 percent of assigned mission for the previous five years. During FY 83, Garcia achieved 140 percent of assigned mission.

Garcia attended the umpiring school in St. Petersburg, Fla., while he was assigned to Jacksonville Rctg Bn as a guidance counselor in 1981. "The school was tough," Garcia said. "PT in the morning, followed by field drills, classroom work, more work on the diamond and more classwork. But it takes a lot of study and practice to be a professional umpire."

Since being assigned to Dade City, Garcia has been umpiring at college level games as well as Little League, American Legion and semi-pro ball games. He said it has put him in contact not only with young people, but with hundreds of parents and dozens of educators and coaches in the community, and has provided him with many excellent referrals.

"There's one other advantage of being a good umpire and a good recruiter," he said. "The kids and coaches and parents have come to trust me as an honest man who calls 'em as he sees 'em. They know I'll be just as honest in the recruiting station as I am on the ball field and believe me, credibility is essential to a recruiter." (Bob Lessels, Jacksonville Rctg Bn)



'Yerrrr OUT! Umpire and recruiter, Sgt. 1st Class Ed Garcia calls 'em as he sees 'em, both on the diamond and as an Army spokesman.



"Lame" excuses weren't accepted by Kansas City's Admin/Log officer, Capt. Pat Emerson, when it came to getting out of the battalion's physical training test.

Actually, staff members didn't want Emerson to feel out of uniform when she came to work with a broken arm after a fall on the ice. They all donned arm slings to make her feel less conspicuous. (Peggy Parsons, Kansas City Rctg Bn. Photo by George Fithen)

THE SCORES WEREN'T VERY GOOD when personnel of the Homewood Company, Recruiting Battalion Chicago were pre-tested for a company-wide physical training (PT) program in 1982. At the end of the company-wide program's first year all personnel passed the test, and after the most recent testing, Homewood Company received the Chicago Recruiting Battalion Commander's Special Award for having the highest over-all PT scores of the battalion's six companies.

Instituted by **Capt. John Zanelli** shortly after he assumed command, the program runs from April to early October each year. It requires that all personnel attend company-wide drills on Monday and Thursday mornings from 0630 to 0700 hours at a public park centrally located within the company boundaries.

Zanelli and members of the company are pleased with results of the company PT program. It has increased physical fitness, has a positive effect on the other aspects of recruiting, brings out team effort and team spirit and, says **Sgt. 1st Class Ontanous Domino**, Homewood Professional Development NCO, "it really makes you feel good about yourself. It makes the long days shorter." (S. Douglas Smith, Chicago Rctg Bn).

A RECRUITER AND ONE OF HIS DELAYED ENTRY PROGRAM (DEP) RECRUITS SET THE EXAMPLE for physical training at the Gary Recruiting Station, Peoria Recruiting Battalion.

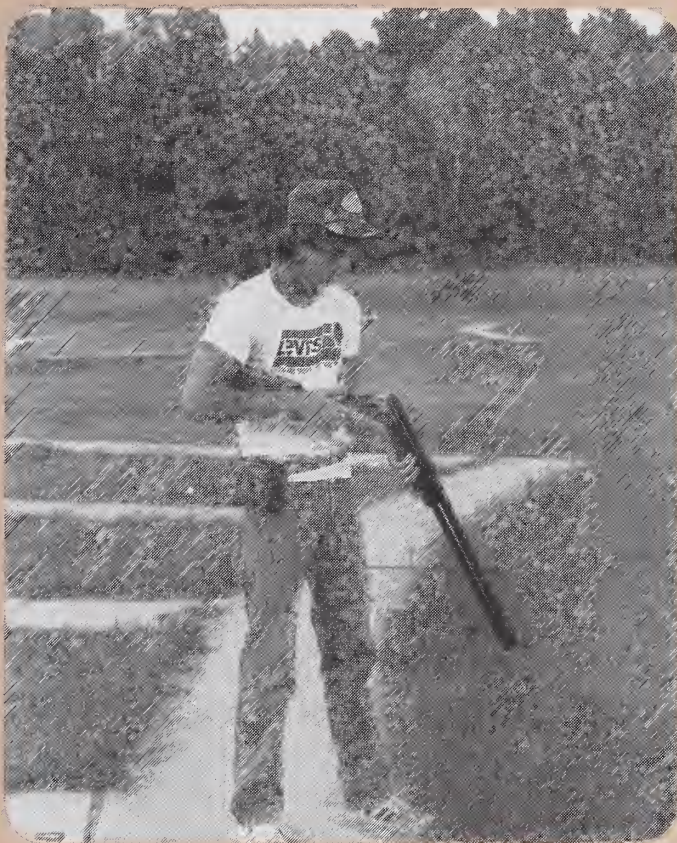
Staff Sgt. Johnnie Copes runs, works out regularly with weights, plays basketball and racquetball, keeps up a regimen of calisthenics, and sometimes jogs to the office at 0600 hours.

One of Copes' DEP recruits, **Pvt. Derrick Knight**, is equally enthusiastic about fitness and sports. He directs basketball games and exercise workouts among the recruiters and the DEPs, and he organizes basketball games between the Marine Corps DEPs and the Army DEPs.

Both recruiter Copes and DEP Knight had illustrious athletic careers during high school, and both are keeping "fit to win" for their Army careers. (Nadine Luc, Peoria Rctg Bn).



Sgt. John Cantey, Jr. (right), of the US Army Communications Command-Military District of Washington, explains the use of Army tactical communications equipment to a Marine at Quantico, Va., marine base. The display is part of "Army Day," an annual event for the advanced communications course at the base. (Capt. June Hurst, 7th Signal Command and Fort Ritchie. Photo by Sgt. Gary Cooley).



Pvt. James Graves wants to be a member of the US Olympic Marksmanship team.

NO STRANGER TO MARKSMANSHIP COMPETITION, **Pvt. James T. Graves** of Laurel, Miss. is a US Army Olympic hopeful. He joined the Army Delayed Entry Program last fall and began basic training in January. He is stationed with the US Army Marksmanship Unit at Fort Benning, Ga. This special Army unit competes in national, international and Olympic shooting matches.

Graves was accepted and trained at the USA Olympic Training Center in Colorado Springs, Colo. and in 1981, won the Silver Medal at the team trials, and a Gold Medal at an international championship tournament in Mexico.

One of the things Graves is looking forward to in the Army is the opportunity to work with one of his idols. **Dan Carlisle**, Olympic Gold Medal winner, is already in the Fort Benning marksmanship unit.

Graves said that being in the Army will improve his chances of going to the Olympics and doing well. "Look out in 1988," he said, "by then I will have had four years of hard practice behind me!" (Melanie McNutt, Jackson Rctg Bn).



After just eight months of running as a hobby, Staff. Sgt. Elvin Abney runs in marathon races.

WHEN THAT PHYSICAL TRAINING TEST ROLLS AROUND every six months, a recruiter at the Cutler Ridge, Fla. recruiting station won't have to worry. For **Staff Sgt. Elvin Abney**, it'll be just a light run. He was one of 2,100 people who entered the annual 26 1/2-mile Orange Bowl marathon in Miami last January, and he was among the 1,633 people who finished the run.

Abney had been running as a hobby for only eight months before the marathon, and he finished 428th in the large field of runners. In preparation for the marathon, he ran five miles one day and 10 the next on weekdays, and 13 to 14 miles each day of the weekend.

Now that the marathon is over, Abney runs his normal routine, alternating 30 minutes one day and an hour the next each day of the week. He's putting into practice the Army emphasis on physical fitness and enjoying it. (Denise Rains, Miami Rctg Bn).

"RECRUITING IS A STRESSFUL JOB, and recruiters need a healthy outlet to relieve stress," said **Sgt. 1st Class Mike Harvey**, commander of the Northwest Recruiting Station in Oklahoma City, Okla. "A daily dose of physical training is the medicine I recommend."

Active in sports since his high school days, Harvey works out daily at a local spa, plays racquetball and rugby, and jogs from four to 10 miles a day. Not having the free use of exercise facilities that soldiers on post do is no excuse for recruiters not working out daily, according to Harvey. He belongs to a health spa near his station and takes both his staff and DEPs there to work out.

Harvey claims that consistent physical recreation has not only made him healthy, but has helped him develop a positive outlook on life as well. "Daily exercise is something you've got to make time for because the benefits are so valuable," he said. (Debbie Gardner, Oklahoma City Rctg Bn).

AS PART OF THEIR "CITIZENSHIP IN THE NATION" merit badge requirements, boy scouts and their leaders recently paid a visit to the Army Reserve's 190th Aviation Company in Olathe, Kan.

The scouts toured the flight facility and the CH-47 "Chinook" helicopter accompanied by reserve recruiter **Staff Sgt. Hank Griffin**, who arranged the tour and is a member of the 190th. (Peggy Parsons, Kansas City Rctg Bn).



Reserve recruiter Staff Sgt. Hank Griffin explains the basics of helicopter hydraulics to boy scouts during their tour of the 190th Avn. Co. in Olathe, Kan.



A group of college deans and professors of military science were at Aberdeen Proving Ground to learn more about the Army Test and Evaluation Command sabbatical and academic program. (Photo by Raylund Lee Pryor)

SEVERAL COLLEGE AND UNIVERSITY DEANS recently visited US Army Test and Evaluation Command (TECOM) headquarters to learn more about its sabbatical and academic program for faculty members and graduate students, and to tour Aberdeen Proving Ground.

The program is designed to provide an opportunity for ROTC cadets, faculty members and graduate students to work on projects of specific interest to them with TECOM scientists and engineers at different installations. It also gives them the chance to work with some of the more sophisticated, state-of-the-art instruments and test equipment in the world.

This was the sixth tour hosted by TECOM, but the first that offered eastern schools the opportunity to investigate the program.

The University of Southern California, Harvey Mudd College and California Polytechnic University have signed agreements with the command supporting the program.

Most of the college and university representatives attending the recent one-day tour showed an interest in the program according to officials. (Raylund Lee Pryor, Aberdeen Proving Ground, Md.)

MORE THAN 800 EXHIBITORS displayed their wares in an exhibitioin of state-of-the-art computer systems sponsored by the New Jersey School Board Association. The Army was one of them.

The Fort Monmouth Recruiting Battalion showed its Joint Optical Information Network (JOIN) system using an Armed Services Vocational Aptitude Battery (ASVAB) display as backdrop.

The JOIN was used to describe the Army's emphasis on high technology weapons and equipment and the demand that recruits meet stringent physical and mental criteria before acceptance. School board directors said they were impressed with the idea that the Army is not the end of the line, but the beginning to a rewarding career and a viable alternative to the "I-still-don't-know-what-I-want-to-do" syndrome.

"What we really needed was some way to bring the Army to life for all those fathers, teachers and guidance counselors who remember the Army as a 'hurry up and wait' proposition," said **Elwood Owens, Jr.**, Newark MEPS testing specialist. "With the multi-sensory presentation the JOIN system gives us, we can do that effectively. We can also eliminate a lot of guesswork and anxiety that faces young people trying to decide their futures." (Mark J. Coyne, Fort Monmouth Rctg Bn).



The JOIN system on display for New Jersey School Board members.



Diagnostic Test

April 1984

1. What is the minimum GT score required for the Warrant Officer Flight Training enlistment option?

- a. 100
- b. 110
- c. 90
- d. 115

2. While a member of DEP/AIADT, personnel must be contacted a minimum of _____.

- a. Once a month until the last month, then once a week and again at least three days prior to departing for active duty
- b. Once a week throughout the DEP/AIADT period
- c. Once every two weeks until departure on active duty
- d. Once every two weeks until the last month, then once a week and again three days prior to departing for active duty

3. When will the REACT referral card be placed in the recruiter's prospect Card File?

- a. upon receipt
- b. after contact
- c. when lead becomes a prospect or applicant
- d. none of the above

4. A general LRL will be maintained by each recruiter for those leads which are not part of any school.

- a. True
- b. False

5. What procedure is required for verification of education for an NPS applicant who claims 12 years of foreign education?

- a. None, no verification required
- b. Take GED test with scores equivalent to 10th grade completion
- c. Take and pass the GED test
- d. Have transcripts validated by credential evaluation service or world education service

Use the following situation to answer questions 6, 7, and 8. Applicant is an NPS female, her AFQT is 72. She has completed 30 semester hours of credit at a state university. She has a National Defense Student Loan with a current balance of \$900 and is not in default. She is enlisting RA for three years and Army College Fund. She wants to participate in VEAP for 36 months at the rate of \$60 per month.

6. What will be her total VEAP entitlements? \$ _____

7. What will be her monthly return on a full-time enrollment in a program approved for payment of VA benefits? \$ _____

8. What will be her benefit under the Loan Repayment Program upon completion of her first year of satisfactory service? \$ _____

9. The loan repayment program is an enlistment incentive available in all recruiting battalions.

- a. True
- b. False

10. Which source of lead has the lowest priority of contact?

- a. IASVAB leads
- b. REACT leads
- c. DEP/AIADT referrals
- d. JADOR list
- e. Local school list

Inquiries regarding Diagnostic Test questions and answers may be addressed to USAREC, Recruiting Operations-Training, or phone AUTOVON 459-2772, COMMERCIAL (312) 926-2772.

11. Prospect cards (USAREC Form 200) with a projected follow-up value within the next 12 months will be filed within _____ of the Prospect Card File.

- a. Division III
- b. Division IV
- c. Division V
- d. Division VII

12. How often are COI/VIP cards screened to monitor their effectiveness?

- a. Monthly
- b. Quarterly
- c. Semiannually
- d. Annually

13. Recruiters should begin contacting high school juniors during which months?

- a. March and April
- b. April and May
- c. May and June
- d. June and July

14. The benefit of the Loan Repayment Program for an RA enlistment is _____ for each complete year of satisfactory service.

- a. 25 percent or \$1,500 whichever is greater
- b. 25 percent of \$1,000 whichever is greater
- c. 33 1/3 percent or \$1,000 whichever is greater
- d. 33 1/3 percent or \$1,500 whichever is greater

15. Payments from the Loan Repayment Program will be considered taxable income and will be reported to the Internal Revenue Service.

- a. True
- b. False

16. What is the correct procedure for inserting a JOIN diskette into a JOIN disk drive?

- a. The notch in diskette faces up
- b. The labeled side of diskette faces to the left
- c. The notch in diskette faces down
- d. The labeled side of diskette faces to the right

17. When should the JOIN printer ribbon be replaced?

- a. Annually by C-3 Corporation
- b. Monthly by station commander
- c. Semiannually by C-3 Corporation
- d. When printing is too light

18. JOIN users are authorized to create software programs.

- a. True
- b. False

19. When probing to find a prospect's dominant buying motive, what type of questions should be asked?

- a. Close ended
- b. Yes or no
- c. Open ended
- d. Multiple choice

20. In a JOIN sales presentation, the FEBA or presentation of facts, evidence, benefits and agreement is very important to the success of the presentation. To show the benefits of an Army enlistment as it applies to the prospect's buying motive, the recruiter must:

- a. Tell the prospect what the Army offers
- b. Explain how the feature can satisfy the prospect's needs
- c. Ask the prospect's opinion of the features
- d. Ask the prospect to make a commitment to enlist



Diagnostic Test

1. false - (USAREC Reg 350-7, Para 4-3).
2. d - (USAREC Recruiting Update Information 2-83, dated 3 Mar 83).
3. 3 months - (USAREC Reg 350-7, Para 3-5C).
4. daily - (USAREC Reg 350-7, Para 2-23 B-5).
5. b - (USAREC Reg 350-7, Para 4-9).
6. true - (USAREC Reg 350-7, Para 2-36 C2).
7. a. prospect, b. establish rapport, c. uncover needs, d. prequalify, e. option and benefits, f. handle objections, g. close, h. follow-up - (USAREC Pam 601-8-1).
8. b - (USAREC Reg 601-56/310-2).
9. c - (Special Text, 12-163 Chap 5, Para 26B).
10. (USAREC Pam 601-8-1).
11. daily Suspense File - (USAREC Reg 350-7, Para 2-6 (3)).

March 1984 Answers

12. a. recruiting prospect card file, b. planning guide, c. Lead Refinement List, d. schools program - (USAREC Reg 350-7 Chap 2 and Chap 3).
13. b - (USAREC Pam 350-2, Para 6).
14. c - (USAREC Pam 350-7, Chap 2, Para 2-6 (5)).
15. a - (USAREC Pam 350-3, Page A-104, Para 10).
16. b - (USAREC Pam 350-3, Page A-4, Para 19, and USAREC Pam 350-4, Page 3, Para 6).
17. a. verbal, b. nonverbal, c. symbolic - (USAREC Pam 350-3, Page A-49, Para 6 Lesson Plan, JOIN Sales Presentation).
18. a - (Letter, HQ USAREC, subject: Automated Prospect Data Record dtd 5 Dec 83).
19. b - (USAREC Pam 350-3, Page A-13, Para 9).
20. c - (ST 12-163, Para 3B C(1)).

19A Armor Crewman

Story by
1st Lt Robert B. Roach

Photos by
Sgt. 1st Class Robert W. Griffin
Fort Knox, Public Affairs Office

The US Army Armor Center at Fort Knox, Ky., trains all new soldiers enlisting for Military Occupational Specialties (MOSs) in Career Management Field (CMF) 19, Armor Specialist.

CMF 19 MOSs taught at the Armor Center are 19E, M60A1 or M60A3 armor crewman; 19K M1 armor crewman and 19D cavalry scout.

Soldiers training at the center are under the One Station Unit Training (OSUT) concept. They report to the Fort Knox Reception Station and are assigned to one company for basic training and either Basic Armor Training (BAT) for MOSs 19E or 19K or Basic Reconnaissance Training (BRT) for MOS 19D.

BAT is a comprehensive 14-week program divided into three phases. Each phase concludes with a test that must be passed before a soldier can continue to the next phase. Both 19Es and 19Ks train with their respective vehicles during BAT: 19Es will train with either M60A1 or M60A3 tanks; 19Ks train on the Army's new main battle tank, the M1.

In the first phase of Basic Armor Training, the new soldier learns the fundamentals required of all soldiers.

During the second phase of training, the new soldier receives comprehensive driver training. These courses are basic tank driving, a driver's obstacle and cross country course negotiated at night and a tactical environment driving course.

In the third phase, the soldier-in-training learns advance driving and gunnery skills. After the third test the soldier fires the main tank gun during both day and night on the tank range.

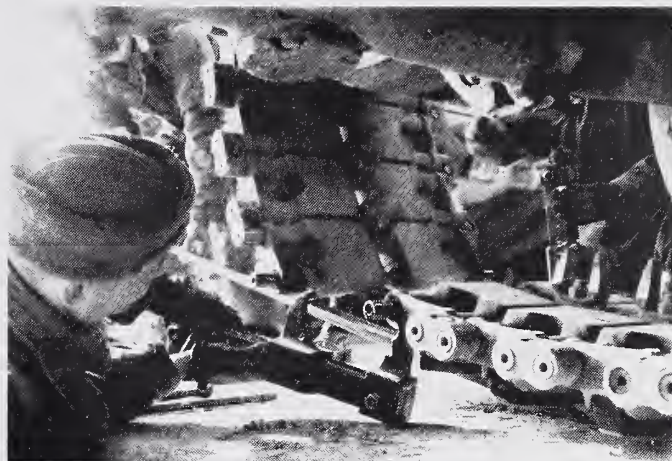
A 19E or 19K graduating from OSUT will probably be assigned duties as a tank driver or leader in his first unit of assignment. Some possible assignments are Fort Knox, Ky.; Fort Carson, Colo.; Fort Stewart, Ga. or Forts Bliss and Hood, Texas.

Several armor units are also located overseas.

The Armor Center also trains the Army's cavalry scouts. This training is termed Basic Reconnaissance Training, or BRT, and lasts thirteen weeks. Different from BAT, it is divided into only two phases of training.

In the present BRT program, as in BAT, the first phase consists of teaching the fundamentals of soldiering.

After phase I, the training is quite different. The



Armor crewmen, MOS 19A, learn to perform preventive maintenance on their vehicles. Here future 19As learn how to repair a broken track.

cavalry scout learns map reading skills and has special training in land mines and demolitions, to include emplacing and detonating a 1/4 pound block of TNT. The prospective cavalry scout learns how to call for and adjust artillery fire and perform maintenance on the M113A1 APC.

The scout spends four days in the field during the 10th week of training, practicing and demonstrating those skills learned throughout the training cycle. In addition, those soldiers selected for assignments to units equipped with the improved TOW vehicle (ITV) receive an additional week of training on this vehicle. Some of the scouts will receive training on the M3, The Cavalry Fighting Vehicle (CFV).

The new tanker will be assigned duties as a driver or loader on the same type of tank he was trained on at Fort Knox. A new scout can expect assignment as a scout observer or scout driver in a cavalry platoon. Cavalry units are located in most posts that have field armor and mechanized infantry units.

Armor is one of the Army's combat arms and 19As are required to be male. Profile requirements include color perception of at least red and green, and vision in one eye correctable to 20/20 with the other eye correctable to at least 20/100. In addition, CMF 19 entry requires a Combat Orientation (CO) score of 85 or better on the AFQT aptitude test.

Being a tanker or cavalry scout can require hard work, but a man who is willing to work hard and assume responsibility can find himself rewarded with rapid advancement in armor.

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**MOS
19A**

Armor Specialist

